

Chicken

Oregano Chicken Stir-Fry

Pillsbury Best One Dish Meals - February - 2011

Servings: 4

Preparation Time: 35 minutes

Start to Finish Time: 35 minutes

2 tablespoons all-purpose flour

1/2 teaspoon salt

1/4 teaspoon pepper

1 pound boneless/ skinless chicken breasts, cut into 1-inch pieces

2 tablespoons olive oil

1 (about 1 1/2 cup) red onion, cut into wedges

1 (about 1 3/4 cup) yellow bell pepper, coarsely chopped

4 ounces (1 cup) fresh sugar snap peas

2 cloves garlic, finely chopped

1/2 cup chicken broth

2 tablespoons cider vinegar

1 teaspoon lemon-pepper seasoning

2 tablespoons fresh oregano leaves, chopped

In a medium bowl, mix the flour, salt and pepper. Add the chicken. Toss until evenly coated.

In a 10-inch nonstick skillet, heat one tablespoon of the oil over medium-high heat. Cook the chicken in the oil for about 10 minutes, turning occasionally, until brown on the outside and no longer pink in the center. Remove the chicken from the skillet. Cover to keep warm.

In the same skillet, heat the remaining oil. Cook the onion, bell pepper and peas in the oil for about 6 minutes, stirring occasionally, until crisp-tender.

Add the garlic and cook for 30 seconds, stirring constantly.

Return the chicken to the skillet.

Stir in the broth, vinegar and lemon-pepper seasoning.

Cook about 1 minute or until hot.

Sprinkle with the oregano and serve.

Per Serving (excluding unknown items): 106 Calories; 7g Fat (58.5% calories from fat); 2g Protein; 9g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 364mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.